

ABSTRACT OF THE DISCLOSURE

A fixing apparatus in which at least one temperature detecting element for detecting a temperature of a fixing film and at least one  
5 temperature detecting element for detecting a temperature of a heat generating element are included, and which controls the heat generating element on the basis of the temperature of the fixing film detected by the temperature detecting element and thus  
10 achieves temperature controlling of the fixing film, and an image forming apparatus to which the fixing apparatus is applied are disclosed.